

# LOSE LIKE AGUY WHO HATES LOSING

As a professional athlete and lifelong competitor, losing is something I've never enjoyed. Until now. Weight Watchers has a plan that really works for men. I've lost 23 lbs\* already, and I'm just getting started. Trust me guys, losing is a lot better than you think. So join me. – Charles Barkley

# LOSE LIKE AMAN

\*People following the Weight Watchers plan can expect to lose 1-2 lbs per week.



 **WeightWatchers®**

Learn more about how Weight Watchers can work for you.

Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the “Weight Watchers” links.

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